**Plan of Study – Exercise Science, Science Specialization (Athletic Training Pre-Professional)**

*This guide should be used in consultation with advisor. This is just one possible path to completing degree in four years.*

Name: ID: Advisor(s): Minor:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Freshman Fall (15 Credits)** | | | **Freshman Spring (16 credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| ENGL 101 Composition I |  | 3 | ENGL 201 Composition II | ENGL 101 | 3 |
| MATH 114 College Algebra | MATH 101 | 3 | CMST 101 Foundations of Communication |  | 3 |
| SOC 100 Intro to Sociology  or SOC 150 Social Problems |  | 3 | PSYC 101 General Psychology |  | 3 |
| BIOL 151 & BIOL 151L General Biology I |  | 4 | BIOL 153 & BIOL 153L General Biology II |  | 4 |
| EXS 101 Exercise Science Major |  | 2 | EXS 286 Medical Word Origins (ONLINE) |  | 3 |
| **Sophomore Fall (14 credits)** | | | **Sophomore Spring (16 credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| Arts/Humanities GE |  | 3 | Arts/Humanities GE |  | 3 |
| EXS 250 & 250L Human Anatomy & Physiology |  | 4 | EXS 280 & 280L Fitness Assessment (Spring only) | EXS 250 | 3 |
| CHEM 112 & CHEM 112L General Chemistry (Fall only) | MATH 114 | 4 | EXS 285 Exercise & Chronic Disease (ONLINE) | EXS 250 | 3 |
| Elective/Minor/Certificate |  | 3 | MATH 281 Intro to Statistics  or PSYC 371 Statistics in Psychological Research | MATH 114  PSYC 101 | 3 |
|  |  |  | CHEM 114 & CHEM 114L General Chemistry II (Spring only) | CHEM 112 | 4 |
| **Junior Fall (14 credits)** | | | **Junior Spring (14 credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| EXS 300 Intro to Research (ONLINE) | ENGL 201 | 3 | EXS 350 & 350L Exercise Physiology (Spring only) | EXS 250 | 4 |
| EXS 353 & 353L Kinesiology (Fall only) | EXS 250 | 4 | EXS 354 & 354L Prevent & Care of Athletic Injuries | EXS 250 | 3 |
| PHYS 111 & PHYS 111L Intro to Physics I (Fall Only) | MATH 114 | 4 | HLTH 422 Nutrition |  | 3 |
| Elective/Minor/Certificate |  | 3 | PHYS 113 & PHYS 113L Intro to Physics II (Spring Only) | PHYS 111 | 4 |
| **Senior Fall (16 credits)** | | | **Senior Spring (15 Credits)** | | |
| ***Course Title*** | ***Prereq/Comments*** | ***Credits*** | ***Course Title*** | ***Prereq/Comments*** | ***Credits*** |
| EXS 425 & 425L Exercise Programming for SP (Fall only) | EXS 250 + EXS 350 + HLTH 422 | 3 | EXS 454 & 454L Biomechanics (Spring only) | EXS 250 or EXS 353 | 4 |
| EXS 452 Motor Development (ONLINE, Fall/Summer only) |  | 3 | EXS 462 Exercise Leadership (Spring only) | EXS 250 + EXS 350 | 2 |
| EXS 482 Theory of Strength & Conditioning (Fall only) | EXS 350 | 3 | EXS 489 Applied Human Performance (Spring only) | EXS 482 | 2 |
| EXS 494 Internship | EXS 350 + EXS 353 | 3 | EXS 494 Internship | EXS 350 + EXS 353 | 2 |
| BIOL 325 & 325L Physiology (Fall only) | BIOL 151 + CHEM 112 | 4 | HLTH 251 First Aid & CPR |  | 1 |
|  |  |  | BIOL 381 & 381L Vertebrate Anatomy (Spring only) |  | 4 |